

Recipe from NCI-Frederick Scientific Library



Cucumbers in Sour Cream

1 Cup Sour Cream 1 1/2 teaspoon Salt 1/8 teaspoon pepper
3 Tablespoons Minced Chives or Onion 3 Large Cucumbers
2 Tablespoons Lemon Juice

1. In large bowl, combine sour cream, minced chives, lemon juice, salt and pepper.
2. Peel and thinly slice cucumbers; add and mix well.
3. Cover and refrigerate.

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Summertime Peach Ice Cream

Soft, ripe fruit lends the smoothest texture and most pronounced flavor.



4 cups peeled, diced fresh peaches (about 8 small ripe peaches)
1 cup sugar 1 (12-ounce) can evaporated milk 4 cups half-and-half
1 (3.75-ounce) package vanilla instant pudding mix
1 (14-ounce) can sweetened condensed milk

Combine peaches and sugar, and let stand 1 hour.

Process peach mixture in a food processor until smooth, stopping to scrape down sides.

Stir together evaporated milk and pudding mix in a large bowl; stir in peach puree, condensed milk, and half-and-half.

Pour mixture into freezer container of a 4-quart hand-turned or electric freezer; freeze according to manufacturer's instructions. Spoon into an airtight container, and freeze until firm.



Yield: Makes 2 quarts

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Danish Cucumber Salad

4 Medium Cucumbers Salt 1/2 Cup White Vinegar
1/4 Cup Sugar 2 Tablespoon Chopped Fresh Dill 1/4 teaspoon White Pepper



1. With sharp knife, cut cucumbers into paper thin slices. In large bowl, mix slices with 2 teaspoons salt. Let stand at room temperature 1 hour.
2. Drain liquid from cucumbers. Stir in vinegar, sugar, chopped dill, pepper and 1 teaspoon salt until thoroughly mixed.
3. Cover with plastic wrap and refrigerate salad at least 3 hours before serving.



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Garlic Lover's Bruschetta



Must have: 1 loaf of rustic, crusty bread, cut in 1 inch thick slices. Brush one side of each slice with extra virgin olive oil, and toast them oil-side down on a baking sheet in the oven at 475 degrees until golden brown. (You can also just toast them in the toaster, minus the oil.)

Combine and marinate for at least 30 minutes:



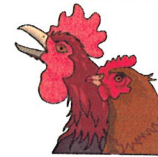
4 large tomatoes, chopped fine – looks best if you mix red and yellow
2-3 cloves of garlic, minced
2 roasted red peppers, chopped fine – grill to soften them first
½ red onion, chopped fine
1 tablespoon chopped fresh basil
1/3 cup olive oil
3 tablespoons balsamic vinegar
a pinch each of freshly ground black pepper and sea salt

Serve on the toast.



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Maryland Style Corn Pudding



Grill 4 fresh ears of corn – simply cut off the silk end and leave the husks on – grill for approx. 20 minutes, turning them by 1/4 every 5 minutes to brown husks evenly. Remove husks and silk will come off easily.

Beat together 2 eggs, 1 teaspoon salt, 1 tablespoon flour, and 1 teaspoon sugar.
Add 1 cup of milk and 1 cup grated corn.

Pour into a greased baking dish, and top with small pieces of butter.

Bake at 350 degrees about 45 minutes, until it has the consistency of thick custard.



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Classic Tomato Salsa

3-6 Fresh Serrano Chiles 1 Large White Onion 8 Ripe, Firm Roma Tomatoes Salt
Grated zest and juice of 2 limes, plus strips of lime, to garnish 1/4 teaspoon Sugar Large bunch Cilantro



1. Use three chiles for a salsa of medium heat, up to six if you like it hot. To peel the chiles, dry-fry them in a griddle until the skins are scorched. Do not let the flesh burn.
2. Place the roasted chiles in a plastic bag and tie the top of the bag to keep the steam in. Set aside for about 20 minutes.
3. Meanwhile, chop the onion finely and put it in a bowl with the lime rind and juice. The lime juice will soften the onion.
4. Remove the chiles from the bag and peel off the skins. Cut off the stalks, then slit the chiles and scrape out the seeds with a sharp knife. Chop the flesh roughly and set aside.
5. Cut a small cross in the bottom of each tomato. Place the tomatoes in a heatproof bowl and put in boiling water to cover.
6. Leave the tomatoes in the water for 3 minutes, then lift them out using a slotted spoon and plunge them into a bowl of cold water. Drain. The skins will have begun to peel back from the crosses. Remove the skin completely.
7. Dice the peeled tomatoes and put them in a bowl. Add the chopped onion with lime mixture. Chop the cilantro finely.
8. Add the cilantro to the salsa, with the chiles and the sugar. Mix gently until the sugar has dissolved and all the ingredients are coated in lime juice. Cover and chill for 2-3 hours to let the flavors blend. The salsa will keep for 3-4 days in the refrigerator. Garnish with the strips of lime zest just before serving.